



Restored through three decades, the Goward House Woodlands hosts a series of footpaths and benches for you to peacefully enjoy this urban woodland. The woodland footpaths have several entry points from the Goward House parking lots, providing walkers with many options to stroll amongst the cottonwood, Douglas fir and arbutus located here.

The Japanese practice of *shinrin-yoku*, or “forest bathing,” has been proven to offer significant benefits to both body and mind, beyond the benefit of exercise from walking in the woods. An article by Joan Maloof in the New Scientist journal (August 6, 2005) describes the measurable health benefits from “wood-air bathing,” including lowering blood sugar in diabetics.

Whatever a walk in the forest does for you physically, emotionally, or physiologically, we hope you enjoy the opportunity to experience the Goward House woodland footpaths.

ABOUT US

GOWARD HOUSE
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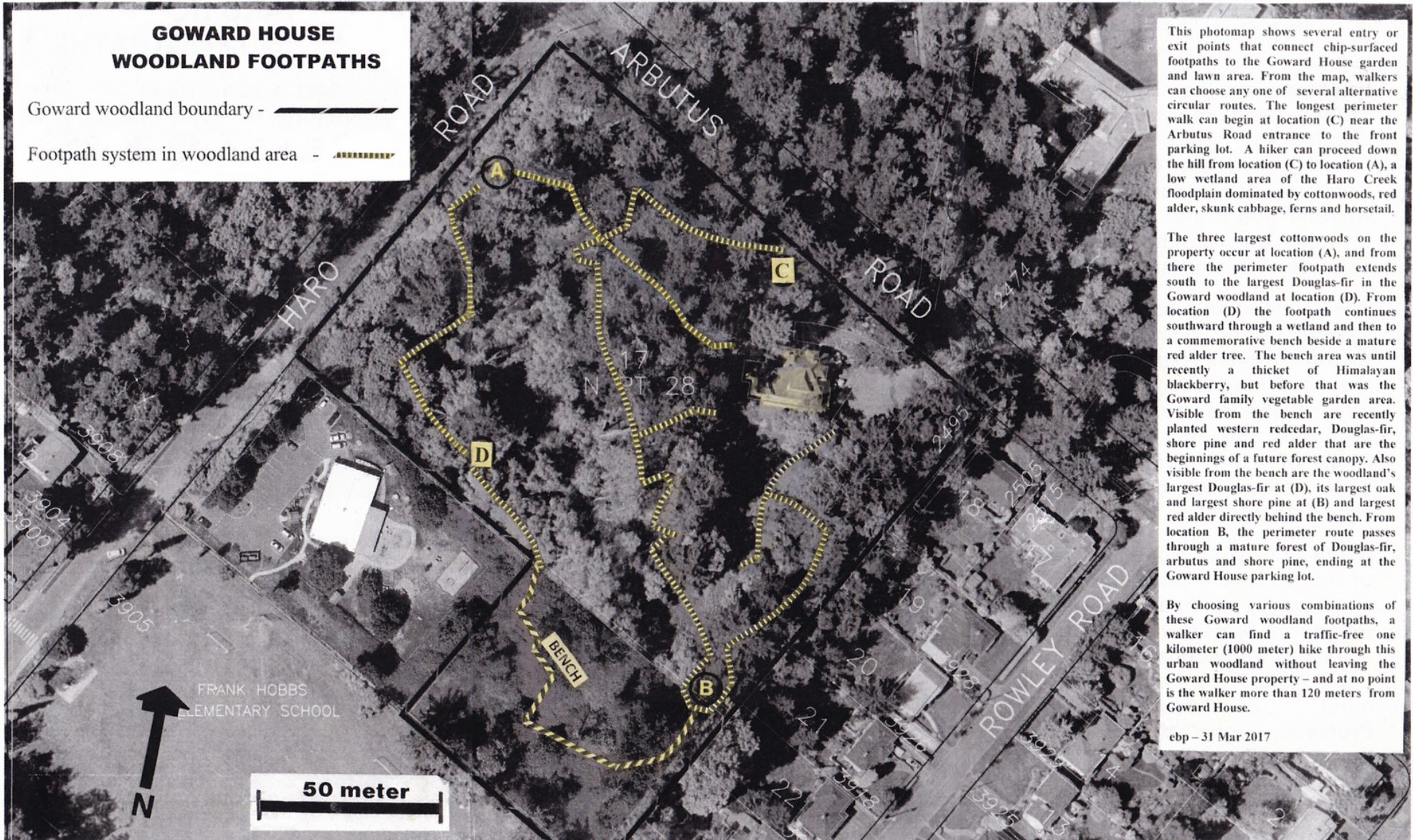


We acknowledge with respect the Lekwungen peoples on whose traditional territory the neighbourhood of Cadboro Bay lies, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.

GOWARD HOUSE Woodlands



CAUTION: Please do not use the footpaths during high winds, due to risk of falling branches.



This photomap shows several entry or exit points that connect chip-surfaced footpaths to the Goward House garden and lawn area. From the map, walkers can choose any one of several alternative circular routes. The longest perimeter walk can begin at location (C) near the Arbutus Road entrance to the front parking lot. A hiker can proceed down the hill from location (C) to location (A), a low wetland area of the Haro Creek floodplain dominated by cottonwoods, red alder, skunk cabbage, ferns and horsetail.

The three largest cottonwoods on the property occur at location (A), and from there the perimeter footpath extends south to the largest Douglas-fir in the Goward woodland at location (D). From location (D) the footpath continues southward through a wetland and then to a commemorative bench beside a mature red alder tree. The bench area was until recently a thicket of Himalayan blackberry, but before that was the Goward family vegetable garden area. Visible from the bench are recently planted western redcedar, Douglas-fir, shore pine and red alder that are the beginnings of a future forest canopy. Also visible from the bench are the woodland's largest Douglas-fir at (D), its largest oak and largest shore pine at (B) and largest red alder directly behind the bench. From location B, the perimeter route passes through a mature forest of Douglas-fir, arbutus and shore pine, ending at the Goward House parking lot.

By choosing various combinations of these Goward woodland footpaths, a walker can find a traffic-free one kilometer (1000 meter) hike through this urban woodland without leaving the Goward House property – and at no point is the walker more than 120 meters from Goward House.

ebp – 31 Mar 2017

If you have any questions about the woodland footpaths, or if you observe signs of vandalism to the paths or benches, please contact us at 250-477-4401 or gowardhouse@shaw.ca.